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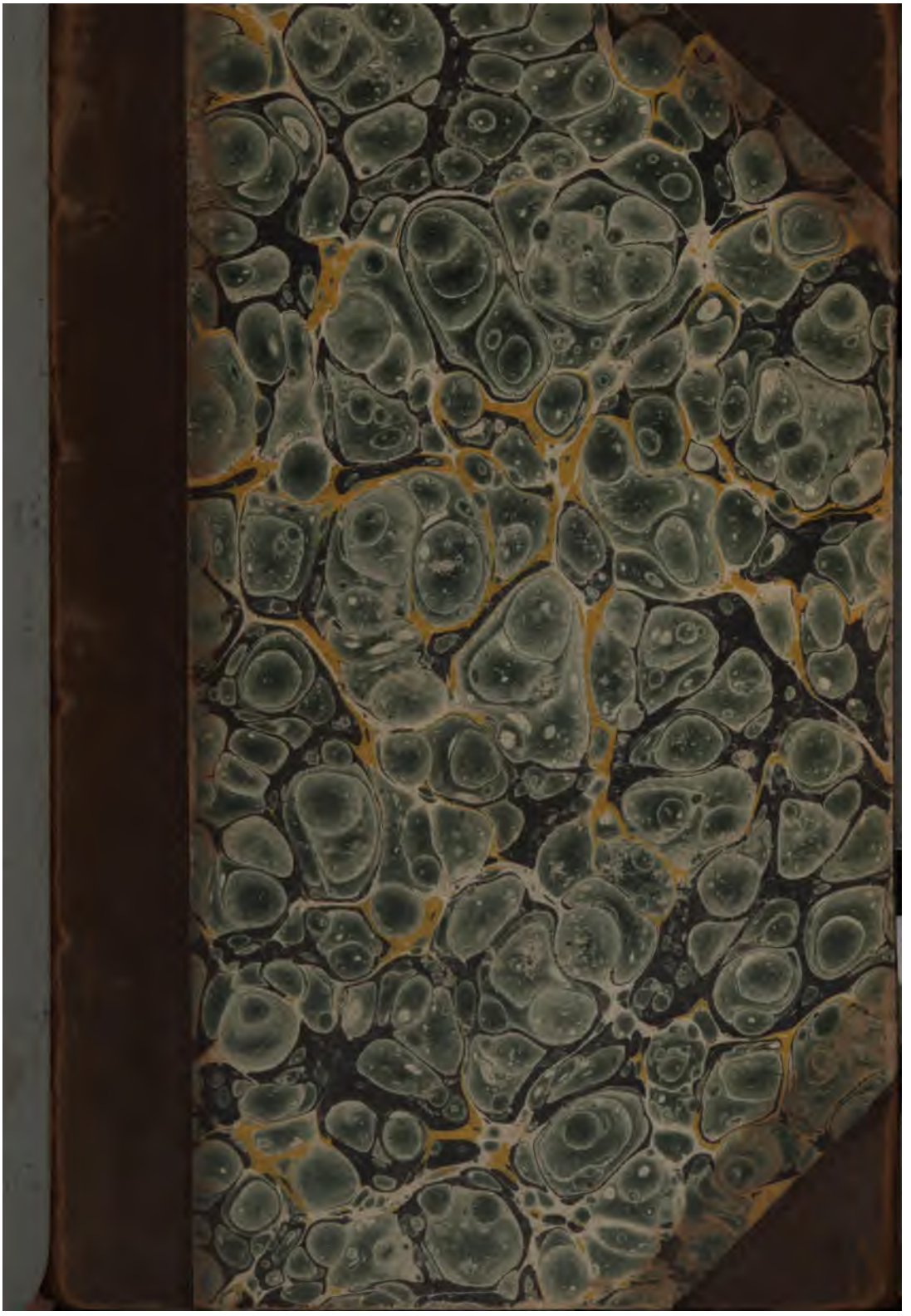

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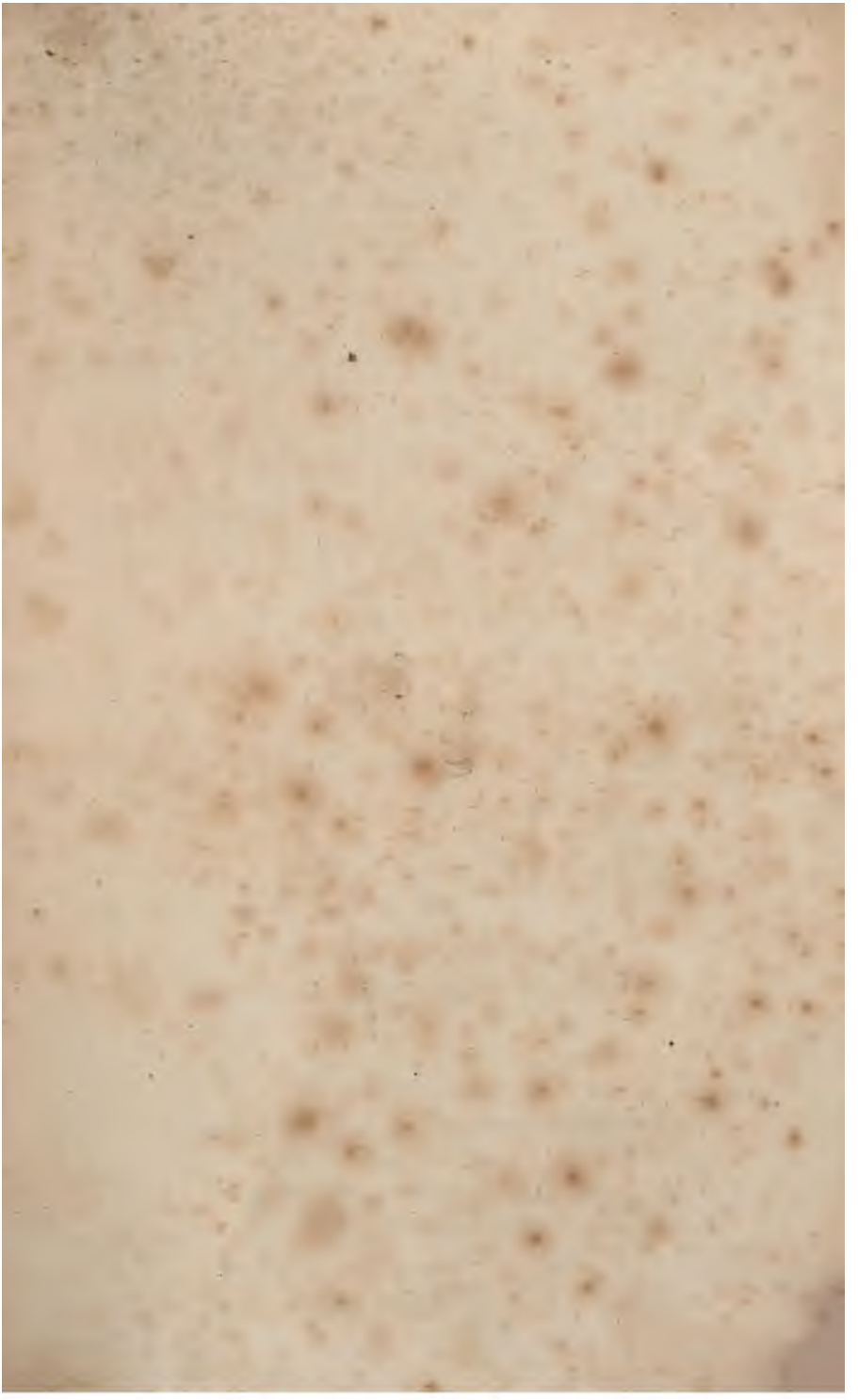

THE

# MOTHER'S MEDICAL GUIDE:

CONTAINING

A DESCRIPTION

OF THE

## DISEASES INCIDENT TO CHILDREN;

WITH THE

**Mode of Treatment,**

AS FAR AS CAN BE PURSUED WITH SAFETY, INDEPENDENTLY OF A PROFESSIONAL ATTENDANT.

---

DEDICATED, BY ESPECIAL PERMISSION,

TO

HER ROYAL HIGHNESS

## THE DUCHESS OF KENT.

---


BY

THE LATE ROBERT BRADFORD,

AND

H. O. BRADFORD,

*Member of the Royal College of Surgeons, &c. &c.*


---


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TO

## Her Royal Highness

# THE DUCHESS OF KENT.

MADAM,

With impatience I have waited for the present moment, to express my sincere and humble gratitude for Your ROYAL HIGHNESS' gracious condescension, in having granted me the high honour of dedicating "*The Mother's Medical Guide*" to your ROYAL HIGHNESS.—Indulging the hope, that this Treatise may be found worthy of the exalted Patronage it has obtained, permit me to remain,

With the most profound respect,

MADAM,

Your ROYAL HIGHNESS' most obedient and devoted humble Servant,

HENRY OKES BRADFORD.

# PREFACE.

THE design of this work is to describe the appearances of those diseases, which are principally incident to children, and to give directions for the treatment, as far as it can be safely pursued, without having recourse to a professional attendant. In executing this plan, all technical terms have been studiously avoided, as far as it was possible; and in the few places where they are used, an explanation is subjoined. It has also been endeavoured to convey every material point of information in the most clear and concise manner.

Those mothers who are in the habit of giving medicines to their children, may, with the greatest confidence, adopt the methods of cure here proposed, which can be asserted, with truth, to be founded, not on opinions, but on facts, and can be recommended as the results of extensive observation and experience, during a long course of practice.

To prevent any hazard being incurred, by neglecting a timely application for professional assistance, those symptoms which indicate the existence of danger, whether in the beginning of diseases, or arising in their progress, are plainly pointed out.

Many nauseous medicines in common use are here rejected, on account of their being distressing to the young patient, and not superior in efficacy to others, which are not liable to the same objection. Antimonial wine, as an emetic, is omitted, (except in one or two instances, where a small quantity is mixed with ipecacuanha,) on account of the uncertainty, and, not unfrequently, the extreme violence, of its operation.

The dose of medicines, unless it is particularly expressed otherwise, is calculated for children about two years of age.—(See the annexed Table.)

216, *Tottenham Court Road,*
*Near* STORE STREET.

# TABLE,

## REGULATING THE DOSES ACCORDING TO THE AGE.

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THE Doses prescribed in this Treatise are for children two years of age.

To a child aged from 12 to 18 months, one fourth of the dose less.

From 9 to 12 months, one third less.

From 5 to 8 months, one half of the dose.

From 2 to 4 months, one fourth of the dose.

From 4 to 6 weeks, one fifth of the dose.

*Doses for children* ABOVE *two years of age.*

To a child from 3 to 4 years of age, one fourth more added to the dose.

From 5 to 7 years, one half added to the dose.

From 8 to 10 years, two thirds added to the dose.

From 12 to 15 years, double the quantity prescribed.

---

Where one drop of laudanum is prescribed for a dose, it will be requisite, in order to proportion the quantity for an infant, to mix the drop with the liquid in which it is directed to be given, and administer a portion of the liquid—such as a fifth part for a child from 4 to 6 weeks old—according to the foregoing scale. The same mode of dividing the dose will apply to calomel, where one grain is ordered for a dose, by mixing the grain with sugar, or any powder which is prescribed, and dividing it into half, one third, or a fourth, according to the age.

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*The Medicines can be procured from any respectable Chemist or Druggist.*

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# The Mother's

# MEDICAL GUIDE.

We shall commence by noticing two appearances in a new-born infant, which, though not strictly to be called diseases, may appear so to an inexperienced person:—

## RED GUM.

One of the first appearances frequently seen in a new-born infant, is a redness of the skin, called **Red Gum.** It consists of a number of small pimples, covering the whole body, but not apparently rising above the surface. It is not of any importance; but if the child is costive, senna tea, or a drachm of manna, may be given to open the bowels.

## YELLOWNESS OF THE SKIN.

In the course of some few days after birth, infants have frequently a yellowness of the skin, which is often considered an alarming appearance, from a suspicion of jaundice; but this is equally unimportant as the red gum, and requires no other treatment.

## MARKS AT THE BIRTH.

These are incident to various parts of the body; some are of a brighter red, and some of a duller colour; they are generally on a level with the surface, but sometimes prominent.

The opinion of their originating from a sudden fright of the mother during her pregnancy, or from longing, is evidently erroneous. The supposition of the latter cause has been the source of another false notion—that the child will pine away unless it eat the food for which its mother had longed; the consequence of which has often been, that the child has been made sick by giving it something improper.

These marks proceed from various causes; but they consist of an unusual number of blood-vessels; or of those which usually exist, but in a state of relaxation and weakness. As they are

sometimes liable to increase in size, to become ulcerated, and in some instances to bleed profusely, it will be prudent to consult a surgeon, that, if necessary, they may be removed.

## EXCORIATION; OR, CHAFING OF THE SKIN.

Excoriations frequently happen to children, especially to those of a corpulent habit. Those parts which come into contact with each other, as the skin behind the ears, the folds of the neck, the arm-pits, and the groins, are most liable to be affected. They are not considered to be a disease, but merely the effect of perspiration. The chafing is considerably increased in those parts to which the urine has access.

### TREATMENT.

In the summer, wash the parts which are chafed, with cold water, and afterwards anoint them with spermaceti ointment. In the winter, warm water must be used, and the best sweet oil may be substituted for the ointment.

If these applications should not be effectual, mix a tea-spoonful of Goulard's extract of lead with three table-spoonfuls of sweet oil, and anoint the parts with this liniment. It will be necessary, in some cases, to apply a soft linen rag, well oiled, constantly to the part. Frequent

washing is essentially necessary at first, both as a preventive and as a remedy.

When extensive excoriation occurs, the application of finely-powdered chalk, or even flour, will be very efficacious; whenever these fail, it is generally from a defect in the mode of using them. It is necessary to apply an additional quantity as often as any moisture appears, without removing that which was first applied, as it will in a little time fall off spontaneously; the surface then will probably be healed—if not, the application must be renewed.

---

## COMPLAINTS OF THE BOWELS.

These are various, and arise from different causes, but may be reduced to two heads—*Costiveness* and *Diarrhœa*. Each of these diseases may be occasioned by irregularity in the diet of the mother when giving suck, as well as by improper food given to the infant itself; it will therefore be prudent for her to abstain, especially during the first four months, from acids, and from green vegetables and fruits. Any violent agitation of the mind of the mother will affect the child also, and disorder its bowels. Pain, arising from any cause, such as headache or teething, in the child, will

often have the same effect, as will also worms. Sometimes these complaints arise from constitutional weakness.

## CONSTIPATION.

Some children are habitually costive, passing one, or even two days, without any evacuation; but this state of the bowels is totally unimportant in a child of healthy constitution, of which the freshness of complexion, and lively appearance, will be evident indications. But in a child of a pale, sallow, and sickly countenance, every degree of costiveness ought to be removed. For this purpose, let the child take two grains of calomel every other morning, for seven or eight days; after that time, manna, in quantity about equal to the size of a nutmeg, dissolved in milk or barley-water, should be given as occasion requires; and this may sometimes be changed for senna tea.

The diet of the child ought to be of a relaxing quality.

But sometimes costiveness is attended with sickness, restlessness, tightness and fulness of the bowels, flatulence, and sour eructations from the stomach; the stools, if any, are hard and dry, and do not empty the bowels; at the same time, there frequently occurs a retention of urine. The

child, in such cases, often draws up his knees toward the body, in consequence of the pain in the bowels.

TREATMENT.

A tea-spoonful of ipecacuanha wine should be given every two or three hours, till it occasions either sickness, or evacuation by the bowels. If it occasion vomiting only, a tea-spoonful of castor oil must be given every six hours, till motions are procured. If this should not have the desired effect, let the following injection be administered:—

*Injection.*

Half an ounce of Glauber's salts;
A quarter of an ounce of syrup of buckthorn;
A tea-spoonful of olive oil;
Mixed in a quarter of a pint of warm water.

If relief is not obtained by these applications, the advice of a medical practitioner will be requisite. But if they are effectual, a large tea-spoonful of senna tea, sweetened with manna, should be given every morning, till the bowels appear to be in a natural state; and attention must be afterwards paid to the diet of the child, particularly in regard to quantity, giving no more than is necessary for its nourishment and growth, in order to avoid a recurrence of the disease.

## DIARRHŒA.

If a child is attacked with excessive relaxation and griping pain of the bowels, a gentle emetic, consisting of four or five grains of ipecacuanha, should be immediately given. After the vomiting has ceased, a tea-spoonful of the following mixture must be taken every four hours, as long as it may be necessary :—

*Mixture.*

An ounce of the syrup of white poppies;
A drachm of prepared chalk;
Half a drachm of gum arabic, powdered:
These ingredients are to be thoroughly mixed with four table-spoonfuls of water.

If this mixture should not give relief, a starch injection, containing five drops of laudanum, should be used every six hours. (See Appendix.)

As this complaint often proceeds from worms, see the observations made under that head.

## MUCOUS AND BLOODY EVACUATIONS.

These evacuations, which are attended with considerable pain and distress to the child, may be relieved by the following powder :—

*Powder.*

Prepared chalk,

White sugar, of each five grains:

To be well mixed with one drop of laudanum.

This dose is to be given every four or six hours, and, when the symptoms abate, less frequently.

Worms in the intestines will also occasion this complaint.

## DISEASED STATE OF THE INTESTINES.

### SYMPTOMS.

These are, fever, with a white tongue; loss of appetite; fretfulness; irregular movement of the bowels—sometimes loose, bloody, and with an appearance like jelly: thin flaky substances, resembling pieces of skin, are frequently found floating on the surface. Sensations of pain, and tenderness, are felt about some part of the belly.

It is unnecessary to prescribe any rules here for the treatment, as it is of the utmost importance in this disease to apply for the attendance of a medical practitioner.

## FLATULENCY.

This disorder frequently occurs, and is very distressing to young children.

SYMPTOMS.

Distention of the stomach, with sour eructations; distention of the intestines also, attended with a frequent voiding of wind, which gives immediate relief for a short interval, if the child is not feverish, or otherwise indisposed.

TREATMENT.

Let the child be well rubbed after being undressed, and exercised in the arms. The bowels are to be kept regularly open; for which purpose, give twenty grains of magnesia, with ten grains of rhubarb, in peppermint tea, when the child is costive. A tea-spoonful of distilled peppermint water may be given occasionally. If there is any indication of a foul stomach, it will be proper to give five grains of ipecacuanha, as an emetic. If there is much distention, with tightness of the bowels, the following injection should be administered:—

*Injection.*

Four ounces of aniseed water;
Two tea-spoonfuls of common salt; with
One spoonful of oil.

This is to be repeated once or twice during the day, as it may be necessary.

## SICKNESS AND VOMITING.

Children are very subject to an evacuation of the contents of the stomach, particularly of the milk, when they are suckled. It is often salutary, and requires no attention. But when there is evident debility, accompanied by paleness, flabbiness, and a wasting of the body, it becomes necessary to have recourse to medicine.

### TREATMENT.

Let the child take five grains of ipecacuanha, in powder, every other morning, when fasting; and on the intermediate mornings, two grains of calomel; in this manner, three doses of each may be taken.

One of the following tonic powders should be given three times a day, in any liquid—as barley-water, &c.

*Powders.*

Six grains of sulphurated zinc;
White sugar, one drachm;
Prepared chalk, half a drachm:
Rub them well together, and divide the whole into twelve equal powders.

If the disease should continue, give a small teaspoonful of syrup of white poppies, at bed-time.

## HICCOUGH.

This is a frequent affection in children. It arises from an internal convulsive motion, and is seldom dangerous, though sometimes troublesome.

### TREATMENT.

It will in general be sufficient to sprinkle cold water on the face and hands; or sal volatile, spirit of hartshorn, or eau de luce, may be held at the nostrils of the child.

If the recurrence of the hiccough, after these applications, should be teasing, an emetic, consisting of five grains of ipecacuanha, is to be given.

## CONVULSIONS.

Convulsions occur very frequently in infants. They proceed from wind, or some offending matter in the intestines, which occasions irritation; or through a fulness of the blood-vessels of the head; or they may arise from some unknown cause—and in this case are extremely dangerous.

### TREATMENT.

When convulsions are excited by fulness of the blood-vessels, (which is distinguished by a hard, quick pulse, redness of the face, and aversion to light,) apply a leech to each temple; the child should also be immersed in a warm bath, as high

as the hips, for the space of ten or fifteen minutes. During the continuance of the convulsions, let the face of the infant be sprinkled with the coldest water that can be procured.

After the bleeding by the leeches, give forty drops of ipecacuanha wine every hour, till sickness is produced.

Having thus evacuated the stomach of its contents, the following powders will be proper to act briskly on the bowels:—

*Powders.*

Calomel;
Jalap, powdered;
Scammony, powdered—of each four grains;
White sugar, twenty grains:

These ingredients are to be well incorporated in a mortar, and divided into four doses, one of which is to be given every three or four hours, till the desired effect is produced.

If the fulness of constitution is reduced by the foregoing measures, and the fits still continue, the following mixture will probably succeed in removing them.

*Mixture.*

Tincture of opium (or liquid laudanum), four drops;
Mint water, a table-spoonful;

Syrup of saffron, a tea-spoonful;
Common water, a table-spoonful:
Of this mixture, a fourth part should be taken every four hours.

## INWARD FITS.

This name has been given to a disease characterized by the following symptoms:—moaning, or muttering, in sleep; sudden shortness and difficulty of breathing, which lasts a short time only, and frequently awakens the child. These fits are not uncommon in children; they usually affect them when asleep, and often proceed from acidity in the stomach, which occasions flatulency.

### TREATMENT.

Though this disease is not accounted dangerous, yet it requires attention. A gentle emetic, such as five grains of ipecacuanha, may be given; and a few hours afterwards, a little senna tea, to evacuate the bowels.

Ten drops of tincture of asafœtida, in a table-spoonful of water, two or three times a day, are useful as an antispasmodic, to relieve the convulsive symptoms.

If the bowels are distended with wind, a little opodeldoc, rubbed on the belly with the warm hand, will assist in procuring relief.

## TEETHING.

This begins about the age of four months. Some children pass through this critical stage of infancy with scarcely any painful sensations; others on the contrary suffer pain so excruciating, as to bring on convulsions, and other long and fatal diseases, and even death in a short space of time.

### SYMPTOMS.

Swelling and hardness of the gums; the cheek of the affected side is flushed; there is much dribbling of saliva from the mouth; the child is apt to thrust hastily into his mouth whatever he can lay hold on, and afterward pinches the nipple while sucking; is feverish, restless, and painful; has frequent startings in his sleep, and sometimes convulsions; and these not unfrequently terminate in death. A short, dry cough, often occurs in teething.

The stools are frequently loose, slimy, and tinged with blood: from which, and other protracted sufferings of this period, children, who had previously shewn every appearance of health, have become so emaciated, as to render their recovery entirely hopeless, or at least a labour of the utmost difficulty.

TREATMENT.

As long as the symptoms continue to be slight, it will be necessary to attend to few circumstances only. It is always useful to rub the gums. It will be proper to procure at least three motions every day, by any gentle laxative, as senna tea, syrup of buckthorn, manna, magnesia, &c.

If there is much fever, leeches applied to the temples or gums, will be serviceable. When the skin is hot and dry, the whole body should be frequently washed with warm water, which will produce a relaxation and moisture; this method, indeed, is very useful in many diseases attended with fever.

In case of slimy and bloody evacuations—which are not very unfavourable signs, unless the child appear to be weakened by them—an emetic of five grains of ipecacuanha ought to be given; after the emetic has operated, a small tea-spoonful of syrup of white poppies should be taken, and repeated once or twice in twenty-four hours, at equal intervals. Great thirst often accompanies the symptoms just mentioned, which may be relieved by giving cooling liquids.

When any signs of convulsions, such as starting and twitches of the fingers, appear, it will be proper to have recourse to medical advice, as

these symptoms certainly shew the approach of danger.

It is frequently proper to lance the gums: in such cases, they are generally swollen, and redder than usual, painful, and tender on being touched; but sometimes there is scarcely any perceptible difference. In many instances, the lancing of the gums is the only effectual remedy; the relief is immediately experienced, and the pain is slight; but it must not be delayed till the convulsive state has brought on weakness, and the gums have become soft and flabby.

## COUGH.

No disease attacks young children more frequently than *cough, with difficulty of breathing;* this arises from their fulness of habit, and the blood being consequently liable to be impeded in its passage through the lungs; to which may be added their tender state—incapable of bearing sudden cold, or currents of air, to which they may be negligently exposed. The measles and hooping cough, by inflaming the lungs, give rise, in many instances, to an obstinate cough, which continues after the original complaints have ceased, and is often attended with danger.

TREATMENT.

To relieve the difficulty of breathing, let two, three, or four leeches, according to the strength of the child, be applied to the chest, and suffered to remain until they drop off, unless fainting take place.

Let the child, if he bears the loss of blood well, be put into a warm bath, as far as the arm-pits, and continue in it twelve or fifteen minutes: after which time, or sooner if he become faint, let him be taken out, and wrapped in flannel, to prevent his taking cold. The leeches and bathing must be repeated at the end of eight or twelve hours, if the breathing be not relieved. After this, the following powder is to be given:—

*Powder.*

Calomel, two grains;
Jalap, and senna, of each three grains:
Rub them together with a piece of sugar about the size of a French bean.

If this powder should not operate sufficiently in six or eight hours, so as to procure three or four motions, the dose is to be repeated.

As soon as this intention has been accomplished, the following mixture is to be given, to allay the cough, and promote expectoration of the phlegm.

*Mixture.*

Rose-water, or distilled water, half a pint;
Salt of tartar, fifteen grains;
White sugar, powdered, a tea-spoonful;

Mix; then add a table-spoonful of oil of almonds. Shake them well together, till they are thoroughly incorporated.

A pap-spoonful may be given every three or four hours, or when the cough is troublesome; if it is very frequent and harassing, add two drops of laudanum to one of the doses, which may be given every six or eight hours.

If the inflammatory symptoms and difficulty of breathing continue after the bleeding and relaxation above directed, let from seven to ten drops of antimonial wine be given every six hours in each dose of the mixture.

Ten grains of nitre, powdered, with three times the quantity of sugar, given every four hours, will be of great utility, if the child does not shew much reluctance to taking it.

When the breathing is rendered difficult by an accumulation of phlegm, let three or four grains of ipecacuanha be given every half hour, till they occasion sickness; and the same plan should be pursued on the next day, if it is required.

After recovery, it is highly important to clothe the chest with flannel, to prevent a return of the complaint.

## TENDENCY TO INFLAMMATORY DISEASES.

Healthy children of a sanguine habit—that is to say, abounding in blood—are peculiarly subject to inflammatory complaints. When this constitution is first observed in a child, who shews marks of strength and health in other respects, the system ought to be gradually lowered, by diminishing the quantity and nutritious quality of its food, and by increased exercise in the open air.

When children have a quick and full pulse; wheezing, cough, and difficulty of breathing; when the skin is hot and dry, and the face bloated; when there is frequent thirst, and little appetite for food, it may be concluded that the tendency to inflammation will soon terminate, if not prevented, in some dangerous disease, as inflammation on the brain, or the lungs.

We are inclined to believe that water in the head may originate in this source; but whether this opinion be well-founded or not, it is certain that such an inflammatory disposition ought to be

obviated by a strict regimen, low diet, cooling medicines, when required, and by carefully avoiding every thing of a hot and stimulant nature.

## INFANTILE FEVER.

The following excellent definition is given by Dr. Butters;—"The infantile remittent fever is distinguished by drowsy exacerbations, wakeful remissions, pain of the head and belly, total loss of appetite, little thirst, and slimy stools."

This disease seldom occurs. Its symptoms are so various and fluctuating, as to render it scarcely distinguishable from other fevers, except to those who are professionally engaged in the practice of physic; and as the treatment requires accurate discrimination, it would be foreign to the intention of this publication, to enter into the subject.

## WASTING OF THE BODY.

This often originates from diseases of the intestines and mesenteric glands, or of other internal organs.

Not unusually there occurs a fulness of the belly; and sometimes a hardness is felt, more especially on the left side.

The treatment must be left entirely to the judgment of the physician, or other medical person, who may be consulted.

## OBESITY, OR CORPULENCE.

A certain degree of plumpness and fatness is not inconsistent with health, and ought not to be reduced; but children, previously to their being able to take exercise, sometimes from an excess of nutrition, become unwieldy, and indisposed.

### TREATMENT.

Let the diet be made less nutritious, and let the quantity of animal food be diminished. Butter, and all other oily kinds of aliment, ought to be avoided, together with sugar and preserved sweetmeats. Exercise is to be increased, not suddenly, but by degrees, which will be found very beneficial. The bowels must be kept moderately open; for which purpose two motions are to be procured every day by any gentle laxative.

In the diminution of the diet, care must be taken to proceed gradually, as too sudden a change may be attended with dangerous consequences.

## ERUPTIONS.

These are of various kinds, and in children are generally not very unfavourable indications, but in some complaints are even desirable symptoms.

They appear in different parts of the body, but especially behind the ears, and are usually preceded by some degree of fever. In their appearance, they are sometimes red, and inflamed, and are attended with great pain: at other times they are dry, and unaccompanied with inflammation, but occasion a troublesome itching.

TREATMENT.

Let the part affected be washed with warm water, and anointed frequently with spermaceti cerate; the bowels are to be kept moderately open with one tea-spoonful of flower (or milk) of sulphur.

Repellants, or applications to check the eruption, such as Goulard's extract of lead, vitriolic lotions, &c. are dangerous remedies, and ought never to be used without medical advice.

If the plan which we have recommended does not succeed, it will be necessary to have recourse to professional assistance.

## SMALL POX.

As there has been some doubt with respect to the propriety of inoculating with the small pox, or vaccinating, we have prefixed a table to shew the relative consequences of the natural small pox—small pox by inoculation—and vaccine, or cow pox.

| | NATURAL SMALL POX. | INOCULATED SMALL POX. | VACCINE, OR COW POX. |
|---|---|---|---|
| DEATH..... | About one in four dies. | About one in three hundred dies;—one in a thousand, according to the most favorable statements. | No death has ever occurred. |
| SUFFERING..... | Pain, and distressing illness, from nine to fifteen days, sometimes twenty-one days. | Illness, in general, two or three days; pain and fever, much less than in the Natural Small Pox. | Slight restlessness, with scarcely any fever. No pain, except a slight soreness of the arm. |
| SIGHT LOST..... | Frequently. | Seldom. | Never. |
| DISFIGURATION..... | Frequent. | Rare. | Never. |
| ABSCESSES..... | Frequently. | Scarcely ever occur. | Never. |
| CHOICE OF TIME..... | Impossible. | Allowed. | Allowed. |
| INFECTION..... | Disease infectious by the breath. | Disease infectious by the breath. | Not communicated, except by a wound. |
| PREGNANCY..... | Generally fatal both to the mother and child. | Often fatal to the mother and child. | PERFECTLY SAFE. |
| MEDICINE..... | Necessary. | Very little required. | Not required. |
| ATTENDANCE..... | For several days; sometimes three weeks. | Slight attendance required for two or three days, in general. | None required. |
| SECOND INFECTION OF SMALL POX..... | Very rare. | Seldom occurs, but oftener than after the natural disease. | Occurs occasionally. |
| DANGER IN SECOND INFECTION..... | Equally great as at first. | The same as before inoculation. | The disease almost always mild; and death, we believe, has never ensued. |

SYMPTOMS.

This contagious disease makes its first attack by producing the usual symptoms of fever. The patient feels himself languid, drowsy, and restless. His countenance is pale; he has no appetite; he complains of chilliness; his tongue is white; his pulse frequent; while a sensation of pain over the whole body, particularly in the head, back, and loins, vomiting, and other feverish affections, precede the eruption. The febrile symptoms increase on the second and third day; and during this period children very commonly start in their sleep, and not unfrequently are convulsed.

About the third day the eruption appears, commencing first on the arms and breast, and gradually extending itself over the whole surface of the body. The eruptions, at the beginning, resemble small pimples, of a faintly red colour, feeling hard when the finger is passed lightly over them. Pain and soreness of the throat also take place at this time.

These are the principal symptoms which occur in the first stage of the disorder.

After three days of the eruption, all the pustules have made their appearance, and there is a considerable abatement of the fever. The pustules now begin to fill with a watery fluid, which, thickening by degrees, becomes a white matter,

and the skin between them is red. The eyelids, face, hands, and feet, swell successively. This process also generally occupies a space of three days, when the pustules are completely filled.

These are now changed to a yellowish hue, and begin to assume a dry appearance; at the same time the fever is renewed, and a brown crust is formed on the surface of each pustule; the swelling of the face disappears by degrees, and that of the arms and hands increases. This is usually termed the *turning* of the disease.

The swelling now successively leaves the face, arms, and hands, and last of all, the lower limbs. This change occupies the space of four or five days from the beginning of the turning.

Such is the nature and progress of this loathsome and painful disease, which often terminates in death, the proportion of fatal cases being nearly one in four; is frequently painful, and distressing when the sufferer escapes; almost always leaves behind it red marks and pits, which disfigure the countenance through life; and not unfrequently occasions blindness, with other melancholy and irremediable consequences.

### TREATMENT.

On the first approach of the disease, it will be proper to give five grains of ipecacuanha, in pow-

der, as an emetic; and the same dose is to be repeated every hour, till sickness is produced. When the child has recovered from the sickness, let him take two grains of calomel and five grains of jalap, in a thick fluid, every four hours, till it has operated by stool three or four times. This being effected, let a table-spoonful of the following cooling mixture be given frequently:—

*Mixture.*

Take one drachm of salt of tartar, dissolved in half a pint of soft water;
Four table-spoonfuls of the juice of lemons;
Half a tea-spoonful of syrup of marshmallows;
Antimonial wine, two tea-spoonfuls:
Mix them together.

When the phlegm is troublesome in the throat and mouth, the emetic must be repeated. In case of costiveness, give two grains of calomel, with three grains of jalap, as often as requisite.

Restlessness, which is very common in this disease, should be remedied by adding three or four drops of laudanum occasionally to a dose of the mixture; but this is not to be given without evident necessity.

If the child is hot, let him be sponged with a lotion composed of half a pint of vinegar in a quart of water, and two drachms of æther, (if it

can be conveniently procured,) till the heat abates; and this may be repeated whenever the heat increases again. The legs and feet must be kept moderately warm. This plan is to be continued till the eruption disappears.

To prevent abscesses and eruptions which might arise after the termination of the small pox, let three or four doses of the following alterative purging powder be taken:—

*Laxative Powders.*

Calomel, two grains;
Senna, powdered, three grains;
Scammony, powdered, one grain:

Mix them well together with ten grains of sugar.

This dose may be taken every fourth morning; or, if it operates violently, let a longer interval be allowed between each time of giving it.

## THE CONFLUENT SMALL POX.

This is distinguished by the pustules being closely intermingled together, and running into each other, so as to form clusters of a malignant and most alarming appearance.

In this kind of small pox, the symptoms being more violent, and the danger always very great, medical attendance is necessary from the first appearance.

## CHICKEN POX.

This is preceded by symptoms of fever, such as weariness, disturbed sleep, pains successively attacking various parts of the body, impaired appetite, &c.; but these symptoms are not violent. After two or three days an eruption appears, beginning on the back; it consists of small reddish pimples, which are often mistaken for small pox; these increase gradually, and are filled with a transparent fluid, arriving at their full size and maturity on the third day: they resemble the small pox, but are not so large and uniform, nor is the matter of so thick a consistence. The eruption then begins to become dry, and in two or three days generally disappears.

### TREATMENT.

On the first attack, let the child take one teaspoonful of ipecacuanha wine every half-hour till it excites sickness.

The bowels are then to be evacuated by the following medicine:—

*Powder.*

Senna;
Jalap;
Scammony;
Of each, in powder, two grains.

Let them be well mixed together with twelve grains of sugar.

This may be repeated in any stage of the disorder, in case of costiveness.

As a cooling medicine, the following powder may be given :—

Nitre, five grains;

Antimonial powder, (pulvis antimonialis of the Lond. Dispensatory,) one grain;

Sugar, half a tea-spoonful:

To be taken every four or six hours, according to the degree of fever.

## SWINE POX.

This is a species of the chicken pox, and is to be treated in the same manner.

## MEASLES.

These begin with exactly the same appearances as what is called a cold, but with a greater degree of fever. The symptoms are hoarseness, difficulty of breathing, drowsiness; the eyes are dull and watery, and become inflamed; there is also a thin discharge from the nose.

After some few days the measles make their appearance in the form of small red spots, which scarcely rise above the surface of the skin, and

are perceptible to the touch by pressing the finger lightly over them.

About the fifth day they lose their redness, turn to a pale brown colour, and on the eighth or ninth day become dry, and entirely disappear.

In all other eruptive complaints, the fever diminishes in proportion as the eruption appears, but in the measles the fever increases with the eruption. The cough, which inseparably accompanies the measles, usually continues some time after the eruption has gone off, and is frequently attended with fever; the patient, therefore, is not to be considered quite out of danger, but still requires care and attention, and notwithstanding our utmost caution, consumptive symptoms are not an unfrequent consequence.

TREATMENT.

If the cough and difficulty of breathing are oppressive, let two or three leeches be applied to the chest: when they drop off, place the child in warm bath about twelve minutes, which will promote perspiration, as well as cause the blood to flow more freely, and for a longer continuance. When it ceases, give forty drops of antimonial wine, and four grains of ipecacuanha, mixed together as an emetic. Three hours after, let the following opening medicine be taken:—

Antimonial wine, seven drops;
Senna tea, a table-spoonful:
To be repeated every three hours, till three or four motions are procured.

After this the following powder should be given every four or six hours, as long as the cough and fever continue:—

*Powder.*

Nitre, five grains;
Antimonial powder, one grain;
Sugar, ten grains:
To be well rubbed together.

If the child should be restless, give four drops of laudanum in a small spoonful of water.

These directions may be sufficient till the eruption has gone off in its natural course; after that period, the same laxative powders, composed of scammony, calomel, and senna, are to be given, as are directed after the small pox, and in the same manner.

When the eruption, without passing through its regular stages, suddenly disappears, or, as it is termed, *strikes in*, with alarming symptoms, such as, great difficulty in breathing, violent relaxation, severe shiverings, or delirium, medical attendance is immediately necessary.

To prevent this occurrence, one of the most

effectual methods is to keep the child, from the beginning of the eruption, or as soon as the nature of the disorder is suspected, in an equal and moderate degree of warmth, and carefully to avoid the extremes of heat or cold.

## SCARLET FEVER.

This is common to persons of all ages, is contagious, and most frequently attacks children.

It generally appears in autumn, and, unless at an unhealthy season, or when increased by keeping the body too warm, is usually mild.

### SYMPTOMS.

Cold shivering, and lassitude, with pain in the head, succeeded by heat. In the space of two or three days a redness appears on the breast, which soon spreads over the body. Soreness of the throat sometimes accompanies these symptoms, and shews the fever to be more dangerous. In mild cases, it usually terminates in three or four days.

### TREATMENT.

If the head is much affected, two or three leeches are to be applied. When they drop off, the bleeding should be encouraged by bathing the part with warm water.

As soon as the bleeding from the leeches has ceased, five grains of ipecacuanha are to be given

as an emetic; and if they do not act on the bowels also, two grains of calomel, and four of jalap, should be given for this purpose.

If the head-ache continue, let a blister be applied to the nape of the neck, and the warm bath be used for ten or twelve minutes.

A fourth part of the following mixture is to be given every four hours:—

*Mixture.*

Lemon juice,
Syrup of red poppies—of each, two tea-spoonfuls;
Ipecacuanha wine, a tea-spoonful;
Water, four table-spoonfuls:
Mix them together.

If the child is restless, add two drops of tincture of opium to a dose, and repeat it afterwards if the restlessness should continue. If the stomach appears to be foul, let the emetic be repeated on the next day; if the bowels are not moved, let the opening powder be given as occasion may require.

In favourable cases, this mode of treatment may suffice; but if the feverish symptoms are not evidently mild, and if the skin is hot and dry, a cooler regimen will be necessary. The same method must then be pursued as has been recommended for the small-pox, and the patient

sponged with cold vinegar and water, as often as the heat seems to increase. At the same time, the room ought to be kept cool. In no disorder are the good effects of cold more apparent than in this; and the immediate mischief resulting from *warmth* is clearly shewn by increase of head-ache and fever.

In most fevers, either cold affusion, or sponging, has been successfully employed since Dr. Currie established the rules necessary to be observed in that practice. The principal circumstances requiring the application of cold water, are heat, accompanied with dryness of the skin: those forbidding it, are either a sensation of chilliness, or the skin being in a state of perspiration and moisture. These general rules are mentioned here, as they may be useful to all persons: professional men will discriminate particular cases.

Affusion with warm water is also useful in some instances, where the heat of the body is not sufficiently raised to bear the cold affusion.

## MILIARY FEVER.

This begins with chilliness, and other symptoms which usually accompany inflammatory complaints; pressure is also felt about the chest, and

frequently a slight delirium, with head-ache, ensues. An eruption resembling millet seeds, from whence the name arises, spreads over various parts of the body about the third day, at which time a soreness of the throat comes on.

The feverish symptoms are then greatly diminished, and after a few days the eruption disappears, and the disease terminates.

### TREATMENT.

Bleeding is seldom necessary.

On the first attack, give four grains of ipecacuanha every hour till sickness is excited, and let its operation be promoted by warm water or tea. If the bowels should not be moved, let an aperient infusion be given.

*Infusion.*

Senna leaves, a quarter of an ounce;
Cream of tartar, half a drachm:

On which pour a quarter of a pint of boiling water. Let the infusion stand till it be cold, then strain it, and add two tea-spoonfuls of syrup of buckthorn. Of this a tea-spoonful may be given every six hours till it operates.

After motions have been procured, let the child take the following powder every six hours, which may be mixed in his usual drink:

Powdered nitre, five grains;
Antimonial powder, one grain;
White sugar, ten grains:
To be well rubbed together.

If the child is restless, three drops of laudanum may be added with each powder, till he becomes easy and tranquil.

When the soreness of the throat is very troublesome, the following gargle will be serviceable:

Sage tea, half a pint;
Honey, a large tea-spoonful;
Elixir of vitriol, thirty drops:
Mix them together.

If the child is too young to use a gargle, the throat should be syringed with it, as is directed for the thrush.

If the patient becomes low and weak, an occurrence not uncommon in this complaint, the fever-powder above directed must be omitted, and the following substituted in its place:

*Powders.*

Sulphurated zinc, two grains;
White sugar, twenty grains:
To be well rubbed together, and divided into four parts, one of which is to be given every six hours, and a little port wine negus after it.

If the head is much affected, apply a blister to the nape of the neck.

Costiveness must be avoided; and if the patient's bowels are not acted on every day, let the laxative infusion be given.

When the fever has terminated, two or three aperient doses are to be given, allowing an interval of two or three days between each.

*Aperient Powder.*

Calomel, two grains;

Jalap, and senna, of each four grains,

Rubbed together with a little sugar, will answer this intention.

## HOOPING COUGH.

This in many respects resembles a common cold, and comes on with a slight difficulty of breathing, fever, hoarseness, and short fits of coughing. These symptoms continue to increase from about ten to twenty days, when the hooping begins, which increases in violence for several days.

The cough, when arrived at its height, often throws the patient into convulsions, so that he appears to be in danger of suffocation; his face becomes of a dark red colour, and he is almost

exhausted; after an interval of some minutes, the cough attacks him again in the same manner, and continues till a vomiting of thick phlegm gives a temporary relief. Several of these fits are repeated in the course of twenty-four hours.

When the disease has arrived at its height, it begins to decline, and generally passes off in two months from its commencement. In some instances it continues much longer, especially if it begins in the autumn, when it generally harasses the patient throughout the winter.

Weakly children are often cut off by this complaint, and it not unfrequently occasions consumption.

TREATMENT.

If there is much fever, apply three leeches to the chest; and when they drop off, promote the bleeding by warm water. After this, give five grains of ipecacuanha, as an emetic. The next day let the bowels be opened by the following powder:—

*Laxative Powder.*

Antimonial powder, one grain;
Senna, jalap, scammony, of each, powdered, two grains:
Let them be rubbed together with a little white sugar.

This powder may be repeated, as often as it may be necessary to remove constipation of the bowels.

If the phlegm should increase, let the following be given to occasion sickness:—

*Powder.*

Powdered root of squills,
Ipecacuanha, powdered, of each, three grains;
Antimonial powder, one grain:
Rub them well together with a small piece of white sugar.

This should also be given as often as it appears necessary during the disease.

To moderate the cough, take the following mixture:—

*Mixture.*

Laudanum, twenty drops;
Syrup of marshmallows, a table-spoonful;
Lemon juice, two tea-spoonfuls;
Water, a quarter of a pint:
Shake them well together, so as to mix them thoroughly.

A pap-spoonful of this mixture is to be given when the cough is troublesome.

If soreness is felt on the chest on coughing, two or three leeches should be applied again.

Change of air has often succeeded in removing the disease in obstinate cases.

A milk diet, during the continuance of this complaint, is by no means improper. The diet should certainly be of a light nature.

## CROUP.

The croup is an inflammation of the upper part of the windpipe; it is exceedingly dangerous, and is often suddenly fatal; I shall therefore give a minute description of it.

### SYMPTOMS.

It begins with what is called a short, dry cough, wheezing, and hoarseness. The difficulty of breathing increases; and the respiration soon becomes extremely laborious, particularly in inspiration. The face becomes red, and there is a fulness of the veins of the neck. The skin is hot and dry; there is great thirst; and the pulse is quick and hard.

The cough acquires a shrillness, and the sound of the voice grating on the ear, resembles the croaking of a fowl. The difficulty of breathing is sometimes so great as to suffocate the patient.

This disease often terminates fatally, sometimes within the space of twelve hours, and frequently within two or three days.

TREATMENT.

Let six or eight leeches be applied to the throat immediately; and after they have finished sucking, if the strength of the child will allow it, let the part be fomented with a decoction of poppy heads, which will considerably assist the bleeding, and thus the inflammation and swelling will be abated.

This being done, let a pap-spoonful of the following mixture be given every hour, till vomiting ensues:

*Mixture.*

Emetic tartar, one grain;
Ipecacuanha, thirty grains;
White sugar, a tea-spoonful:
Let these be well rubbed together, and mixed with eight pap-spoonfuls of boiling water.

If this should not act on the bowels also, three grains of calomel should be given in a tea-spoonful of currant jelly, or raspberry jam; and one grain of calomel should be continued every four hours after the larger dose has operated.

This disease being, as has already been observed, extremely dangerous, I have merely given such directions as may be sufficient, on its first appearance, to prevent immediate danger, till medical assistance can be procured, which ought to be done with as little delay as possible.

## MUMPS.

This disease is an inflammation of the glands in the neck, commonly called the almonds of the ear, attended with fever, and is infectious: it is sometimes dangerous.

It comes on with the usual symptoms of fever, which are soon followed by a swelling on one side of the neck, and sometimes on both; this extends itself over the whole neck, progressively increasing for three or four days; then gradually lessens; and in three or four days more, entirely disappears; it sometimes leaves the neck, and attacks some other part of the body, which is accounted a favourable symptom. The swelling is hard, and slightly painful.

### TREATMENT.

It is to be treated nearly in the same manner as the croup, by applying leeches to the swelling, and fomenting it with a decoction of poppy heads, and chamomile flowers.

Let six grains of ipecacuanha be then given, to excite sickness; and after the operation of the emetic, let the child take three or four grains of calomel, in currant jelly, or any thing of that kind.

To abate the feverish symptoms, give the following mixture:—

*Mixture.*

Salt of tartar, one drachm;
Boiling water, half a pint;
Lemon juice, four table-spoonfuls;
Antimonial wine, two tea-spoonfuls;
White sugar, powdered, about two tea-spoonfuls:

Shake them well together. When the mixture has become cold, a pap-spoonful should be taken every three or four hours.

If the patient is very restless, or in much pain, four drops of laudanum may be given, in a table-spoonful of water, and repeated every five or six hours, if necessary. The dose of calomel is to be repeated, if constipation should occur.

## THRUSH.

I shall speak of this disease as far only as regards children, though it occurs in persons of all ages. Weakly children are most liable to be attacked by it.

### SYMPTOMS.

The mouth, tongue, and throat, are red, swelled, and inflamed; white specks appear soon afterward on all these parts, and at the seat also.

A fever, with restlessness, accompanies this

eruption, but goes off as soon as the inflammation and white specks begin to abate. The stomach and bowels are in general disordered.

There is a great quantity of thickened saliva, phlegm, and mucus, adhering to the throat and mouth.

### TREATMENT.

All hot and irritating food, and medicines, must be strictly avoided; nor must any thing be given which is not light, softening, and cooling.

*Drink.*—This may be thin barley-water, water sweetened with honey, or red currant jelly, or milk and water.

*Solid Food.*—This should consist of milk, with bread, rice, arrow-root, batter pudding, bread pudding, roasted apples, currant jelly, raspberry jam, &c.; but all harsh, hard, or heavy kinds of food, are not only difficult to digest, but give exquisite pain to the parts affected.

*Medicines.*—A gentle emetic, consisting of four grains of ipecacuanha, and two of sulphurated zinc, is to be given, for three or four days, every morning. Two grains of calomel, with three grains of jalap, mixed with honey, should be given in the evening, to open the bowels, when it appears necessary.

The following linctus is most proper to be put

into the mouth, both to clean and heal it; but must not be rubbed on the parts in the manner in which applications of this kind are often, though improperly, used.

*Linctus.*

Honey, two ounces;
Diluted nitrous acid, ten drops;
Let them be well mixed together.

Borax, armenian bole, alum, and other substances of the same nature, though softened with honey, occasion no little injury, by irritating the parts on which they are rubbed. The linctus, which I have recommended, is adapted to allay their extreme soreness, and is so mild as not to be in the least disagreeable to the child.

The following mixture will be useful in case of excessive pain, and restlessness:

*Mixture.*

Compound powder of tragacanth, one drachm;
Water, a quarter of a pint;
Syrup of white poppies, half an ounce;
Shake them together.

A pap-spoonful may be given every four hours, unless it cause too much sleep. If the patient continues to be restless, the dose is to be increased.

It is often serviceable to spunge the mouth and throat; for this purpose, take of

Vinegar, a pap-spoonful;

Water, half a pint:

Let it be injected as often as necessary, to wash away the thick, viscid matter, adhering to the parts; when used, it should be of the warmth of new milk.

Or, mix

Fifteen drops of *diluted* nitrous acid, with

Half a pint of water;

Which is to be applied in the same manner.

## WORMS.

The human body is infested principally by four kinds of worms; by that resembling, at the first view, the common earth-worm; the short flat worm; the tape-worm; and the ascaris, commonly called the thread-worm. The treatment being nearly the same in all cases, it will be sufficient to describe the general symptoms.

### SYMPTOMS.

Paleness, fetid breath, nauseous taste in the mouth; the appetite sickly, and sometimes voracious; a habit of picking the nose; grinding of the teeth; flushings of the face; the abdomen is generally enlarged; severe griping and gnawing

pains are felt in various parts of the intestines, and produce soreness; the stools are slimy, and frequently tinged with blood. The ascarides, or thread-worms, occasion an intolerable itching about the seat, as they chiefly affect the lower intestines.

### TREATMENT.

The diet ought to be light, and easy of digestion, attention being at the same time paid to air and exercise. Green vegetables, and unripe fruits, are to be forbidden.

The following mixture should be given:—

### *Mixture.*

Take Indian pink root, a quarter of an ounce;
Boiling water, half a pint;

After it has infused six hours, strain the liquid, and add to it

Salt of tartar, forty grains;
Powdered rhubarb, one drachm;

This may be sweetened with sugar, and a table-spoonful is to be given twice a day, as long as the symptoms of worms continue; but if the medicine operates too powerfully on the bowels, the rhubarb ought to be omitted for a while.

The following powder also is efficacious in expelling worms:—

*Powder.*

Take Rhubarb, ten grains;
Calomel, two grains;
Let them be well rubbed together, and given every other morning in treacle or honey.

If the bowels are too strongly affected by the powder, let it be discontinued for a short time, and resumed when its effects appear to have ceased.

I have not recommended aloe, or any other bitter medicines, because we can seldom induce children to take them.

For the ascarides, or thread-worm, injections are a very effectual remedy, as they lie low in the body.

*Injection.*

Take, Aloe, thirty grains;
Salt of tartar, two scruples:
To be boiled in six ounces of water, till the aloe is dissolved.

This is to be thrown up as an injection in the usual way, twice daily, till it has produced the desired effect: it will not fail of destroying all the worms within its reach.

## WATER IN THE HEAD.

Children of all habits, especially those of a delicate constitution, are liable to this terrible malady. It is supposed to be frequently occasioned by the violent pain of teething, and by slow inflammation of the brain; but sometimes it originates in causes at present unknown.

### SYMPTOMS.

The first which appear are, fretfulness and debility; the child is observed frequently to leave his toys and amusements, and go somewhere to recline his head; he shuns the light, and is averse to motion; one or both cheeks are flushed, and there is a fur on the tongue; there is also a frequent inclination to vomit.

As the complaint proceeds, the pain of the head continually increases, the child keeps it inclined backwards, and generally rubs it on the pillow; he is apt to totter when walking, is affected with sleepiness, or rather an habitual stupor; his eyes exhibit an unusually shining appearance, similar to glass, and about the time when this takes place, are affected with blindness, though, from their extraordinary brilliancy, they seem to a common observer to retain the faculty of sight. The patient frequently squints,

and has a habit of rubbing one side of his head; starts and moanings occur during sleep. To these succeed violent shrieks and convulsions, with the loss of the use of one side, corresponding frequently with the side of the head which the sufferer was accustomed to rub.

These symptoms are soon followed by death.

TREATMENT.

Though a cure cannot be reasonably expected, yet it would be cruel not to attempt an alleviation of the symptoms, which the patient suffers in this dreadful complaint; but alas! very little can be done toward the accomplishment of so desirable an object.

On the first apprehension of the disease, apply two leeches to each temple, and give two grains of calomel every four hours, till six or eight evacuations have been procured.

It will conduce to the comfort of the patient to guard against the admission of light; to remove every occasion of noise and motion; and to keep him as quiet as possible. The room ought to be constantly kept at a moderate temperature, and cloths wrung out of cold vinegar and water incessantly applied to the head. The child ought not to be importuned to take any medicines to which he shows a reluctance: this tends to harass the

mind in all complaints, but more particularly in the complaint of which we are treating.

In this work it is unnecessary to recommend any treatment beyond what has been already done; whatever plan it may be proper to pursue, must be left to the judgment of the medical practitioner, who ought to be consulted as soon as the disease appears.

## SCROFULA, OR KING'S EVIL.

This is generally hereditary, and seldom attacks children after their tenth year. It is incident to every part of the human frame, particularly the joints. The cure is very difficult, and in many cases beyond the power of medicine: the disease yields, however, in some obstinate cases; and sometimes, in a course of years, ceases without any medical assistance.

### SYMPTOMS.

Paleness of the face, though sometimes it is flushed with red; the abdomen large; thickness of the upper lip; enlargement of the nose; swelling of the glands of the neck, commonly called kernels, which become inflamed, and, if they burst, discharge a purulent matter, whence ensues a sore not easily to be healed: the eyes are often inflamed, and the eyelids excoriated;

sometimes the joints are enlarged, and the bones bend, as in the rickets, and small pieces of them sometimes are separated, and discharged by the sores.

TREATMENT.

Air and exercise are particularly beneficial. Change of air has a great effect on this disease: if the patient is accustomed to live in a confined or dry air in a town, a removal to the sea-side, with the addition of sea-bathing, surpasses any other remedy at present known; but if he resides near the sea, a removal to an inland situation is desirable.

The food ought to be easy of digestion, nutritious, and rather stimulating; it ought to be given frequently, but not in a great quantity. Meat may be eaten, with the gravy; milk is also proper.

An emetic, consisting of five grains of ipecacuanha, ought to be taken twice a week, for a fortnight or three weeks, giving any liquid to encourage sickness.

Strengthening medicines, and stimulants, are those on which the chief reliance is to be placed.

*Powder.*

Take six grains of calcined zinc;
A drachm of white sugar:
Mix, and divide them into twelve powders, one of which is to be taken three times a day.

Or, take Two grains of sulphate of iron;
Ten grains of white sugar:
To be rubbed into a powder, and taken night and morning.

Bark, and other tonics, are so disagreeable to children from their bitterness, that it is useless to recommend them.

## RICKETS.

This disease is incident principally to weakly children, and is a manifest proof of debility.

Though some infants have a predisposition to this complaint, yet it is generally occasioned by neglect, and cruel treatment of nurses—and sometimes even of mothers—who ought, therefore, to be considered as the cause of those incurable miseries, which either put an early period to the lives of these wretched children, or embitter their existence to a more advanced age.

Rickets may be occasioned in different ways; by want of sufficiently plentiful and frequent supply of proper nourishment, or by substituting such food only as is poor, watery, tainted, or difficult of digestion; by neglect of cleanliness; by letting infants lie in wet cradles, and foul clothing; by want of exercise in the arms, proportionable to their strength; by exclusion from a free circula-

tion of pure air; by dampness of situation; by the frequent use of spirituous liquors, and opiate medicines, both which evidently tend to weaken the constitution.—Of opiates it may be observed, that, though they are useful in pain and restlessness, yet they ought to be given in cases of necessity only.

Some infants are the victims of more open persecution, being beaten whenever they cry, or whenever they do not fall asleep, and continue so while the nurse is engaged in other occupations, or when circumstances occur to ruffle her temper. Under such violent and merciless hands, many become cripples during their lives. There are also persons, who, though they do not beat children, yet, by shaking them violently, by threatening them with severe punishment, or by presenting some alarming object to their imagination, lay the foundation of fits, and the most incurable maladies. It may be observed, that children seldom cry except from some adequate cause—as pain, want of food, tightness of some part of their dress, or some other inconvenience.

TREATMENT.

The same means which are useful as preventives, will have a tendency also to remove the complaint—such as, gentle exercise, particularly in the

arms, and on the knees of the nurse, to which a child ought to be accustomed as early as possible; washing in cold water twice a day; (but care must be taken to prevent the child catching cold, and he must not be long wet, or uncovered;) fresh air, avoiding however all sudden changes, or extreme degrees both of cold and heat.

An emetic may be given every morning for a week, and afterwards every other morning for a fortnight: for this purpose, six grains of ipecacuanha will be a proper dose. Two grains of calomel, in currant jelly, should be given to clear the bowels, and repeated in three days, if necessary.

As tonic, or strengthening medicines, the following should be given, each for a week to ten or twelve days in turn, and repeated in the same succession, while necessary:—

*Powders.*

Calcined zinc, six grains;
White sugar, thirty grains:

To be rubbed well together, and divided into twelve powders, of which one is to be given three times a day, in any liquid.

This being discontinued in the course of a week or twelve days, let the following mixture be given:—

*Mixture.*

*Diluted* sulphuric acid, from five drops to ten;
Syrup of roses, a tea-spoonful:
To be mixed with a large table-spoonful of water; and to be taken for a dose three times a day.

Instead of this mixture, the following powder may be substituted after a week or twelve days:—

*Powders.*

Prepared rust of steel,
White sugar—of each twenty grains:
To be rubbed together, and divided into eight powders, one of which is to be given two or three times a day, in thick fluid.

Children are averse to taking bark, and other strengthening medicines, which might otherwise be recommended.

## INCONTINENCE OF URINE.

It is not uncommon for children to be troubled with an involuntary discharge of urine, particularly at night during their sleep.

Children are very often cruelly chastised on this account by nurses, and sometimes by mothers; a conduct highly censurable, as this inconvenience arises from weakness and irritability, without any fault on the part of the sufferer.

TREATMENT.

Fresh air, and moderate exercise, are very conducive to the cure, as well as to the prevention, of this infirmity.

Cold water is a useful remedy; in summer, the body of the child should be plunged into it; but in winter, washing alone will be sufficient.

Tincture of cantharides, to the quantity of four drops, in a table-spoonful of water, is to be given three times a day.

But if there are signs of great weakness, instead of this tincture, half a grain of white vitriol, with sugar, dissolved in water, or any convenient liquid, may be given every four hours.

Rub the following liniment on the loins, and the seat of the kidneys, twice a day:—

*Liniment.*

Take One ounce of soap liniment;
Spirits of turpentine,
Spirits of hartshorn—each one teaspoonful:
Mix them together.

## GRAVEL.

Though this disease is most frequently found in adults, yet children also are subject to it; it is

not, however, easily discovered in the latter, as they are unable to describe their sensations.

### SYMPTOMS.

These are, a frequent desire of making water, which is effected with great difficulty and pain; sickness; the body is bent forward, and the hands pressed below the belly; there are violent fits of crying; and restlessness, occasioned by some degree of fever. A sandy sediment is deposited in the urine; and sometimes there is mucus, or a slimy matter, adhering to the vessel.

### TREATMENT.

The child should be encouraged to drink plentifully of weak liquors, in which gum arabic may be dissolved.

The bowels ought to be kept open, which may be done by a drachm of manna, dissolved in a table-spoonful of water, as often as may be requisite.

The warm bath is singularly beneficial; it should be used at bed-time, and the patient remain immersed in it about a quarter of an hour; after which he should be put into bed, to avoid catching cold.

If the pain is violent, administer the following injection:—

To a quarter of a pint of mutton broth,
Add five drops of tincture of opium, which may be increased *gradually* to ten and fifteen drops:
To be used as an injection.

Ten drops of liquor potassæ, in any mild liquid, should be given three or four times a day.

If pain, swelling, or tightness, occur near the region of the kidneys or bladder, it will be proper to apply leeches.

## FLUOR ALBUS.

This disease, being, as its name implies, a white discharge, occurs not unfrequently in female children, especially in large towns; mothers, therefore, ought not to be alarmed unnecessarily on such an appearance taking place, and imagine it to proceed from some serious injury. It arises in persons of all ages, sometimes from constitutional weakness, and irritability; sometimes from severe attacks of illness; and sometimes from accidents.

### TREATMENT.

Air, moderate exercise, and the frequent bathing of the parts affected with cold water, will be found very useful; in the summer, the bathing may

continue ten minutes; in the winter, five minutes will be sufficient.

The diet must be plain, light, and nutritious; but all salted meats, all hot, highly-seasoned dishes, must be avoided.

In respect to medicine, the following plan will be eligible:—

Let three grains of mercury with chalk, be given in honey, treacle, or sugar, twice a day, for the space of six or eight days. If these powders act too violently on the bowels, let only one be given every day.

After this alterative course, let four drops of the tincture of cantharides be given, in a spoonful of water, three times a day.

If there is an appearance of great weakness, give one of the following powders every eight hours:—

*Powders.*

Sulphurated zinc, ten grains;
White sugar, a quarter of an ounce:
Rub them well together in a mortar, and divide the whole into twelve doses.

A liniment should also be rubbed on the loins twice a day, which is to be composed of the following ingredients:—

*Liniment.*

Opodeldoc, one ounce;
Compound camphor liniment,
Spirit of hartshorn—of each, a quarter of an ounce;
Spirit of turpentine, half an ounce:
Let them be well shaken together, and rubbed on the loins.

Astringent and strengthening injections are also proper, but should be administered under the immediate direction of a medical practitioner.

## RUPTURES.

Children are subject principally to two kinds of *Rupture*, as it is called—one at the navel, and another at the groin; male children have also a third species, in the purse.

Though other kinds of rupture occur, yet these are the most usual.

They are distinguishable from other tumors by the colour of the skin being unchanged; and by the swelling being removed by gentle pressure of the hand, but returning upon the hand being withdrawn, or on the patient raising his body, or making any exertion. These will be the distinctions in a favourable state of the complaint.

TREATMENT.

At all times it will be necessary to keep the bowels open, which may be done by any of the medicines already directed for that purpose.—A constant attention to this rule is of essential importance.

To *return* or replace the rupture, the patient is to be laid on his back, and the swelling is to be pressed gently inwards, and upwards. When it has been returned, or pushed back into the abdomen, the gentle pressure of a woollen cushion, prepared for that purpose, is to be applied constantly, by a bandage, to the affected part.

If, however, the cushion should chafe the skin, which frequently happens in consequence of exertions made by the child in coughing, and moving its limbs, it must be removed till the excoriation is perfectly healed, and the skin is no longer tender. This may be effected by the following ointment:—

Take Spermaceti ointment, one ounce;
Goulard's extract of lead, a drachm:

Mix them well together, and apply this ointment, on a piece of linen, to the excoriated part.

The child is to be prevented, as far as is possible, from crying or making violent exertions, which necessarily increase the swelling, when unconfined by a bandage; but if the child persists in crying,

the nurse ought to press lightly with her hand on the part, till he becomes quiet.

Perseverance in the method above recommended seldom fails of effecting a cure.

As long as the rupture, as it is called, or protruded part, can be returned with ease, and the bowels can be kept open, there is no reason to apprehend any danger; but if the swelling cannot be removed, and the child's bowels have not been relieved, a surgeon ought immediately to be consulted.

These directions are given as far as regards young children; but at a more advanced age, the use of a proper truss is always requisite.

## PROTRUSION OF THE SEAT.

This most frequently happens to children of a weakly, delicate habit, and is often the consequence of long-continued evacuations, whether arising from disease, or too violent purgative medicines.

### TREATMENT.

Wash the protruded part of the intestine with warm water, and anoint it with sweet oil, or lard; then, having first applied a piece of soft cloth, gather it up with the fingers and thumb, and push it backward with a moderate force, till it is returned

into the body. If after this the part protrudes again, the ends of the fingers, after it has been replaced, must be kept on the seat for some minutes.

When the bowels are in pain, one drop of the tincture of opium, in a spoonful of any liquid, taken three times a day, will afford relief.

When there is no pain or irritation, the following astringent medicine will be found useful:—

*Powders.*

Sulphurated zinc, six grains;
White sugar, one drachm:

Let them be well mixed together, and divided into twelve parts, one of which is to be given three times a day, in a tea-spoonful of weak cinnamon tea.

## INFLAMMATION OF THE EYES.

Children are very frequently affected soon after their birth with this complaint, which, if not soon removed, often terminates in total blindness. It is frequently occasioned by too long an exposure of their tender frame to the cold air during the time of washing them, and also to the power of a strong light.

### TREATMENT.

A *small* leech is first to be applied on the eye-lid—one to each eye, if both are affected; after

which a warm fomentation of decoction of poppy heads is to be applied frequently, taking care that it be not too hot. The lids should then be gently opened, and syringed with warm water, at least five or six times a day. Then let the eye-lids be anointed with sweet oil, and especially between the eye-lashes, to prevent the irritation which would arise from their sticking together in consequence of the discharge.

The bowels should be kept gently open, which may be effected by one grain of calomel, and five grains of rhubarb—being given once or twice a day, in thick fluid.

If the inflammation should not readily yield to this mode of treatment, a surgeon ought to be consulted.

## CHILBLAINS.

These are occasioned entirely by cold, and are so well known as not to require description. They soon become painful, and, after much swelling, break, and form ulcerations, which frequently, from want of timely attention, and other causes, occasion great trouble.

### TREATMENT.

The feet, or parts affected, are to be wrapped up so as to be moderately warm. It is a common

practice to apply spirit of wine, with camphor, spirit of turpentine, and other irritating lotions; but the following is a less painful, and more effectual method.

When inflammation only appears, soak the parts for a quarter of an hour in a decoction made with two ounces of chamomile flowers, and four ounces of common-sized poppy heads, boiled about twenty minutes in two quarts of water. After which, let cerate of Goulard be laid on the inflamed swellings.

If the pain and inflammation should be very great, leeches must be applied.

If the patient requires an aperient, a powder, consisting of three grains of jalap, and three grains of senna, should be given, and repeated occasionally.

If the swellings should become painful sores, let the same fomentation be used, as has been directed, and spermaceti ointment be applied as a dressing. At bed-time, let a common poultice of bread and milk, softened with a sufficient quantity of lard, warm, but not hot, be laid on them; if enough lard has been used, the poultice will be found soft in the morning.

On the first sensation of itching, and even after the appearance of inflammation, a very simple application has been found successful. It consists

of gently rubbing the parts affected with finely-powdered dry chalk, every morning and evening; or it may be done three times a day. The chalk is to be left on the chilblains, and the feet or hands must be kept dry, and warm. Prepared chalk will be more certainly free from any admixture, and reduced to a finer powder than common chalk.

## SCURF.

This is incident peculiarly to the heads of children, and, if neglected, will very probably produce ulceration, and terminate in the disease called scald head; but by timely care, this distressing consequence may easily be prevented.

### TREATMENT.

Wash the head with warm water and Windsor soap, making use for this purpose, of a sponge, or piece of soft flannel; then rub it with spermaceti ointment.

This method will seldom fail in effecting a cure; if, however, it should not succeed, apply the following ointment:

Take Citrine ointment, one drachm;
Spermaceti ointment, one ounce:

Let them be well mixed together, and incorporated.

This ointment is to be applied to the head, after washing it in the manner already directed.

## SCALD HEAD.

This disease is cutaneous—that is, affects the skin only—and is confined to the head; it is infectious, and very difficult to be cured. It arises, originally, from want of cleanliness.

### DESCRIPTION.

At first there appear at the roots of the hair, small ulcers, discharging a thin offensive matter, which becomes dry, and forms a scab. This gradually spreads till the whole head is covered with it, and exhibits the most loathsome appearance.

### TREATMENT.

Let the head be shaved, as far as it is practicable, and be kept afterwards closely shaven, and the skin clean.

The following ointments are then to be applied in succession:—

Common tar, one ounce;

Flour of sulphur, half an ounce;

Lard, two ounces:

Let them be well mixed together.

Let the parts affected be rubbed gently with this ointment every night, for one week.

At the end of this time, apply an ointment, called citrine ointment, which can be purchased from any chemist. This is to be used for a week,

in the same manner as the former; but if it occasions much pain, let it be mixed with a small quantity of lard.

After this, the ointment of white hellebore is to be used for the same space of time.

Lastly, a composition called Mel Ægyptiacum, is to be applied in a similar way.

During all these applications, the bowels are to be kept regularly open by gentle laxatives, such as senna, jalap and senna, &c.—(See Appendix.)

## INFECTIOUS RINGWORM.

This disease takes its name from its circular form. It has existed in this country very few years, and is said to have been brought from the West Indies.

It begins by globular vesicles, or little pimples, like bladders, so small as scarcely to be seen by the naked eye, containing a clear limpid fluid; these spread in a circular form, and new circles are generally produced in other parts of the head, which sometimes unite with each other, so as to occupy a considerable space. When the vesicles burst, a scab is formed, which at length terminates in sores. The disease is seldom observed till the hair falls off in one or more round particles, about the size of a sixpence.

It generally affects the head, but is found also on the eye-brows, and on other parts of the body.

TREATMENT.

Though this disease yields to various applications, such as I have recommended for the scald head, and to some others, yet the ointment of white hellebore appears to be the most effectual, and less inconvenient than many others.

The head is to be shaved where the hair remains, and washed as is directed for the scald head; or if too tender, the hair must be cut as closely as possible.

The ointment of white hellebore is to be spread rather thick on a piece of linen, and applied to the part affected every morning and evening, till the eruption is entirely removed, or till the skin becomes very tender—in which case it should be omitted till the inflammation and tenderness have ceased, which will probably happen in the course of two or three days.

If the eruption, after having been apparently cured, should re-appear, the ointment should be applied in the same manner as at first.

It is to be observed, that the eruption is so small and minute, both at its commencement, and when nearly cured, that it may easily escape the sight of the naked eye; it is therefore a proper

precaution, to continue the use of the ointment some days after the skin seems to have recovered its natural colour. Recourse may also be had to a magnifying glass.

When the disease has been neglected till the skin is broken, and ulceration has succeeded, a poultice must be applied, or other means used to heal the sore, before the powerful remedy above referred to, can be used with safety.

The eruption sometimes makes its appearance on the face or hands, where it may be inconvenient to apply the ointment in the day-time, which therefore may be used at night only, but the cure will proceed with proportional slowness.

# APPENDIX.

### *Method of Dressing a Blister.*

THE plaster may remain on from twelve to twenty-four hours, unless ordered to the contrary, or unless a difficulty of making water, and strangury, should take place. In the latter case, let it be taken off immediately, and let the patient drink freely of barley-water, or gruel. If, when you attempt to remove the blister, it sticks firmly, you must not use force, but sponge it with warm water, which will soon cause it to come away easily; then snip the bladders with a pair of sharp scissors, if they are not already broken; let a soft towel be kept ready to take up the water, and a plaster spread with basilicon, or cerate of spermaceti, be immediately applied to the part; fasten a soft cloth over it, which is all that is required to be done.—Repeat the same daily till it be healed.

At the first dressing, a cloth, three or four times doubled, may be applied over the plaster, to absorb the discharge.

## INJECTIONS.

### *A Common Injection.*

Take of thin water gruel, three parts of a pint; of salad oil, or lard, and common salt, a table-spoonful of each.

*Another.*—Take of any common broth, three quarters of a pint; common salt, one table-spoonful.

*Another.*—Take of warm water, three parts of a pint; common salt and lard, or butter, one table-spoonful.

### *Starch Injection.*

Take of starch, made of a common consistence, as used for clothes, half a pint; linseed oil, one ounce.

## POULTICES.

### *Common Bread and Milk Poultice.*

Boil any quantity of crumb of bread, in as much water as will, when done, make it of the consistence of dough; soften it with a sufficient quantity of sweet oil, fresh lard, or butter; let it be nearly cool before it is applied. It is in general sufficient to apply a poultice morning and evening. The poultice itself should touch the swelling, and not a piece of linen, in which the poultice is often very improperly enclosed. Care should be taken to apply a sufficient quantity of emollient poultices to prevent their becoming dry and hard. To some parts, indeed, poultice cannot easily be applied, except in a bag.

### *A Ripening Poultice.*

Take of white-lily-root, four ounces; of figs and raw onions, bruised, each one ounce; spermaceti ointment, or lard, one ounce; linseed meal, as much as is necessary: boil the figs and roots together in a sufficient quantity of water, then add them to the other ingredients, so as to make a soft poultice.—(Remember that this and all other kinds of poultices are on no account to be applied more than lukewarm.)

### *A Discutient Poultice.*

Take of barley meal, four ounces; leaves of hemlock, fresh gathered and bruised, one ounce and a half; crud sal ammoniac, half an ounce; vinegar, enough to give the whole a proper consistence: mix them without using *heat*, and apply the poultice cold.

### *Mustard Poultice, or Cataplasm.*

Take equal quantities of common flour of mustard and wheaten flour, with water sufficient to make the ingredients of a proper consistence. The hot stimulating quality is much increased by the addition of a little horse-radish or garlick.

## FOMENTATIONS.

Fomentations should be applied for the most part three or four times a day, and about an hour at a time.

Flannels, moistened with the decoction, are applied to the part affected, and changed when they begin to cool: during their use, the part should be as little exposed as possible, and no wet or damp clothes left, by which the patient may take cold.

### *A Common Fomentation.*

Take of tops of wormwood, and chamomile flowers, dried, each two ounces; water, three quarts; boil them twenty minutes, and strain off the liquor. Or, the flowers being put into a flannel bag, pour boiling water on it, and when sufficiently cool, apply it to the part.

### *An Emollient Fomentation.*

Take a handful of the flowers of elder, and the same quantity of chamomile flowers, and common mallows; boil them in three quarts of water for half an hour, and strain.

### *Strengthening Fomentations.*

Take of oak bark, one ounce; granate peel, half an ounce; alum, two drachms; boil these in two quarts of water for half an hour, and strain.

## APERIENT POWDERS.

1.—Senna, jalap, of each, four grains; sugar, eight grains: Mix.

2.—Calomel, two grains; jalap, five grains: to be given in a thick fluid.

3.—*A mild Powder.*—Rhubarb, six grains; senna powder, five grains: Mix.

4.—*A strong Powder.*—Scammony, powdered, three grains; senna and jalap, of each, three grains.

## DRINKS OF VARIOUS KINDS.

### *Orange Whey.*

Take a quart of milk, and the juice of a bitter orange; boil them till the curd separates, and strain the liquor.—Lemon whey is made by using a lemon instead of the orange.

### *Wine Whey.*

Take a quart of milk, and add to it a wine-glassful of white wine; boil them till the curd separates, and strain.

### *Cyder Whey.*

Boil a wine-glassful of cyder with a quart of milk; when the curd separates, let them be strained.

### *To make Imperial, which is a good Beverage in Fevers.*

Take of cream of tartar, a tea-spoonful or two; the rind of one lemon; put them into an earthen vessel, and pour on them a quart of boiling water; when cold, sweeten the liquid to the taste. A leaf or two of angelica being added to it, gives a very agreeable flavour.

### *Lemonade.*

Put a table-spoonful of lemon-juice into a pint of boiling water; sweeten to the palate.

### *Apple Water.*

Boil three common-sized sour apples in a quart of water, till they are reduced to a pulp; strain the liquor; sweeten to your palate.

## THE METHOD OF FUMIGATING A ROOM.

Let the room be shut close; heat some common sand in a fire-shovel; take a tea-cup, with half an ounce of concentrated oil of vitriol, and place it on the sand; when it is hot, add half an ounce of powdered nitre, *gradually*; stir the mixture with a piece of glass, or with a phial bottle, till the vapour arises so as to fill the room; and this process is to be repeated when any unpleasant smell is perceived in the room.

The windows and doors must be opened occasionally, as usual, to ventilate and air the room, notwithstanding the fumigation. Care must be taken of the oil of vitriol, as it burns whatever it touches. It must be kept in a place where nobody will meddle with it, or mistake it for any thing else.

### *A Fumigation for Infected or Unwholesome Air.*

Take muriatic acid, and nitrous acid, of each half an ounce; put them into a quart bottle; add of manganese, an ounce and a half; carry this about the room for a few minutes; a powerful smell will then be perceived, which will be sufficient; then let the bottle be closely stopped till the air begins to be offensive, when the same method must be repeated.

This will last for months.

FINIS.

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